

## Tri-Service Vision Conservation and Readiness Program



### US Army Center for Health Promotion and Preventive Medicine

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### Enhancing Computer Workstation Comfort

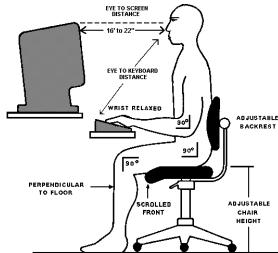
Proper design of the workstation will reduce muscular and eye discomfort. Consider the following suggestions:



- The keyboard and chair should be adjusted to a height to allow approximately a 90-degree bend of the elbow, hip, knee, and ankle joints.
- Feet should be flat on the floor or footrest.
- The top of the screen should be just below eye level so the neck and head remain erect.
- Wrists should be kept straight. (A wrist rest may be helpful for those who spend long hours at the keyboard.)
- The screen angle should be adjustable up and down to reduce glare.
- If used, a document holder should be at the same height and distance as the screen to reduce eye fatigue.

*Vision Ready is Mission Ready!*

- The chair should be on a wide base, able to swivel, and adjustable in height. The backrest should be adjustable up and down and also forwards and backwards. The front edge of the seat cushion should be rolled down, and the seat should have a cloth covering with firm padding.
- To help prevent muscle fatigue, occasional minor shifts in posture or getting up and moving around is advisable.
- To reduce eye fatigue, wear proper glasses (if required) and take "VDT" breaks.



Proper Posture and Work Station Design

Please visit our web site at:

<http://chppm-www.apgea.army.mil/dcpm/vcp/vcp.htm>

